



MathCounts Trainer

https://artofproblemsolving.com/mathcounts_trainer

This trainer has a lot of practice MathCounts questions, and it adapts to your skill level to give you challenging questions



Growth Mindset Video

<https://www.youtube.com/watch?v=YI9TVbAal5s>

	Growth Mindset 😊	Fixed Mindset 😞
Summary	Intelligence can be developed. Doesn't mean that everyone has same initial talent but you believe that everyone can get smarter.	Intelligence is a fixed trait. Turns people into non-learners, not worth putting the effort in.
Rule #1	Learn, learn, learn. ("It is much more important for me to learn things in my classes than it is to get the best grades.")	Look smart at all costs. ("The main thing I want when I do my school work is to show how good I am at it.")
Rule #2	Work hard, effort is key. ("The harder you work at something, the better you'll be at it.")	It should come naturally. ("To tell you the truth, when I work hard at my school work it makes me feel like I'm not very smart.")
Rule #3	Capitalize on your mistakes and confront your deficiencies. (After a disappointing exam score, "I'd work harder in this class and spend more time studying for the tests.")	Hide your mistakes and conceal your deficiencies. (After a disappointing exam score, "I'd spend less time on this subject from now on. I'd try not to take this subject ever again, and I would try to cheat on the next test.")